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Join our Email Event List!

Sign up at:

www.murfreesborotn.gov/parks







MPRD Information

City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the



1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on our monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.

Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.



The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Dr. Linda Gilbert, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- -A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

MPRD Website: www.murfreesborotn.gov/parks

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Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6a.m.-9p.m./ Sat. 8a.m. - 5p.m./ Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m./ Sat. 8a.m. - 5p.m./ Sun. 1-5p.m.

Recreation Centers:
Holiday Hours

Sunday, April 24, 2011: Easter - Closed

Monday, May 30, 2011: Memorial Day- Closed

Admissions & Passes

	Daily	30 Visits	Monthly	Yearly	Family*	
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00	
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00	

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including Sports*Com Outdoor pool, racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes, Sports*Com Outdoor pool, or racquetball courts.

*Family Pass:

The 90-day family pass includes general admission privileges, and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue. **Yearly** = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child

General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Tuesday - Saturday - 9:00a.m.-5:00p.m.

Closed on Sundays & Mondays.

Call us for Holiday Rentals and after hours details!

Cannonsburgh Village

Reservations & Information: 890-0355

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN. Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, a visitor center and period gifts. The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Friday, 10 a.m. – 4 p.m., for rental fee and day/time availability at 615-890-0355.

Winter Office Hours: December 1, 2010 - April 16, 2011

– Visitor Center open Tuesday through Friday, 9 a.m. – 4 p.m. Closed Saturday, Sunday & Monday. The historic buildings are closed through the winter. The farm implements, tractors and grounds may be viewed year-round.

McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays.

Hours: Monday-Friday 3-8p.m.



www.murfreesborotn.gov/parks for more information!



Parks & Shelters

Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April-October.

Restrooms are open year-round.

Shelter No. B Seats Approx. 30 Shelter No. C Seats Approx. 30 Shelter No. A Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-serve.

Shelters No. 1,5,6,8
Shelter No. 2
Seat Approx. 100 each
Shelter No. 2
Seats Approx. 75
Shelter No. 7
Shelters No. 3, 4,9,10
Seat Approx. 24 each

New! Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local businesses. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.



General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter Seats Approx. 45

McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter Seats Approx. 80

Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve.

The large shelter is available for rental; please call 893-7439.

Large Shelter Seats Approx. 100 Small Shelter Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1 Seats Approx. 80
Shelter No. 2 Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, 24 tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-serve.

Shelters No. 1, 2 Seat Approx. 80 each Shelter No. 3 Seats Approx. 120

Tennis courts at Old Fort Park are open for play! Call 907-2251 to reserve.



																								_		
Cannonsburgh Trailhead	Overall Street Trailhead	Fortress Rosecrans Trailhead	Old Fort Park Trailhead	Redoubt Brannan Trailhead	Manson Pike Trailhead	General Bragg Trailhead	Broad Street Trailhead	Thompson Lane Trailhead	Murfree Spring Wetlands	West View Mini-Park	Walter Hill Park	Siegel Soccer & Community Park	Old Fort Park	Rogers Park	Oaklands Park	Jaycees Mini-Park	Bark Park - Off-leash dog park	Barfield Crescent Park	Gateway Island	Cannonsburgh Village	Wilderness Station	McFadden Community Center	Sports*Com / McKnight Park	Patterson Park & Community Center	Locations: 890-5333	
													•		•										Baseball / Softball Fields	
																						•		•	Basketball	
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Community Yard Sale at Cannonsburgh Village

Come shop from over 40 vendors or reserve a space to sell your items.

Reservations required for booth space.

Ages:

March 19, 2011 Date: Saturday Day: 7 a.m.-12 p.m. Time: Cannonsburgh Village Location:

Free for participants. \$25 Booth fee for vendors Tammy Cline, 890-0355, or tcline@murfreesborotn.gov

Underwater Egg Hunt

Who said eggs are always hidden behind cabbage leaves? Come celebrate our third annual underwater Easter egg hunt with us as we dive into the waters to gather the eggs! Some might be floating atop the water surface and some hiding below. We will begin the hunt at 10 a.m. There will be prizes and fun for all, especially to the lucky person who finds the golden egg!

Birth -12 yrs Ages: Date: April 9 Dav: Saturday Time: 10 a.m. - 12 p.m. Patterson Park Pool Location: \$2 per child Fee:

Niki Hensley, 893-7439, or nhensley@murfreesborotn.gov Contact:



Citywide Easter Egg Hunt

Children of all ages will enjoy this hunt. Participants will hunt for eggs and then exchange them for prizes at our egg-change booth. Ageappropriate hunts will be offered repeatedly throughout the event, ensuring that everyone has a fair chance. In addition, there will be carnival-style games and a visit from the Easter Bunny.

Ages: Saturday, April 23 Date: 1:00 P.M.

Time:

Location: Richard Siegel Community Park

Fee:

Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov



Pioneer Days

Come celebrate spring in true pioneer fashion with old-time music & dance, hayrides, blacksmithing, and other old-time demonstrations. Also, enjoy an antique auto and art exhibit. Shop from over 40 crafters and food vendors.

Ages: All ages April 16 Date: Saturday Day: Time: 10:00 a.m. - 5:00 p.m. Location: Cannonsburgh Village

Fee: Free admission

Shelia Hodges, 890-0355, or shodges@murfreesborotn.gov Contact:

World Turtle Day: An Environmental Awareness Event

Come join us as we partner with the Discovery Center in a day dedicated to our shelled friends as we celebrate and discover ways to increase turtle conservation around the world. Participate in the World's Slowest Hike and stop at each turtle station to learn about the different species that inhabit our planet. In addition, find out steps to become a better GREEN family at home and in your schools to help out all the critters on this planet – including us! Activities, crafts, live animals, and free Turtle Tracks ice cream (while supplies last) will be fun for the whole family to

enjoy. Aaes: Date: May 21 Time: 1 p.m. - 4 p.m.

Murfree Spring at the Location:

Discovery Center

Contact: Wilderness Station, 217

- 3017, or

rsinger@murfreesborotn.gov







The Small Fry Tri – A Triathlon for Preschoolers

Murfreesboro's Smallest Triathlon! Kids will run, bike, and swim (really run through sprinklers) to the finish line, where everyone receives a trophy. Parents, older siblings, or personal trainers may help. Bring a bicycle or tricycle and a helmet. Preregistration is highly recommended. Preregister at the Wilderness Station between Tuesday, May 31st, and Friday, June 10th. Purchase your event packet with everything you need for the day!

Ages: 2 – 6 years
Date: Saturday, June 11

Time: 10:00 a.m. – 11:00 a.m. (Races will be held about every 10 minutes.) Come early

if you register the day of the event.

Location: Old Fort Park Trailhead Fee: \$6 (includes trophy)

Contact: Wilderness Station, 217 - 3017 or rsinger@murfreesborotn.gov

Barfield Beach Party

Who said there were no beaches in Murfreesboro? We want to invite you to Barfield Crescent Park, where on the second Friday in May we have a real beach party. Over 60 tons of sand is used to create the beach, before it is used throughout the park system. Come join us for music, dancing and a variety of games and activities.

Ages: All Ages Date: Friday, May 13

Time: Party begins at 5:00 P.M. Location: Barfield Crescent Park

Fee: Free

Contact: Thomas Laird,907-

2251 athletics@murfreesborotn.

gov



World Tai Chi Day

Join us and others around the world as we practice one of the oldest forms of exercise and natural health. If you've ever been curious about tai chi, now is the time to come and see what it's all about.

Ages: All ages
Dates: April 30
Day: Saturday
Time: 10 a.m.

Location: Sports*Com Aerobic Room

Fee: Free

Contact: Allison Davidson, 895-5040



A Stones Throw Away: A Cleanup Along the Greenway

We need your help cleaning up the greenway! Volunteers will pick up trash beside the trail, on the banks of the Stones River and Lytle Creek, or even in the water. Trash bags, gloves, water and snacks will be provided.

Bring: Wear sturdy shoes and clothes that can get wet and dirty.

Ages: Al

Date: Saturday, May 14 Time: 9:00 a.m. to 12:00 noon

Location: Overall Street Trailhead at Old Fort Park, 410 Overall Street

Fee: Fre

Contact: Wilderness Station, 217 – 3017, or rsinger@murfreesborotn.gov

Hershey's Track and Field Local Meet

More than 400,000 children compete in the Hershey's Track and Field Games annually - making it the largest youth sports program of its kind in North America. Here is your opportunity to become a part of it all. Winners of this local meet will go on to the district where they will qualify for the state. Winners of the state meet will be considered for the North American Finals team. All children ages 9 - 14 should take advantage of this free program.

Ages: 9 - 14

Date: Saturday, May 21

Time: Registration begins at 8:00 a.m. Track meet starts at 10:00 a.m.

Location: Riverdale High School Track

Fee: Fre

Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov



Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m12:45p.m. / 2-8:45p.m.	6a.m12:45p.m. / 2-8:45p.m.	6a.m12:45p.m. / 2-6:30p.m.	9a.m12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
New! H2O Cardio Class	5:30-6:30p.m.*	N/A	N/A	N/A	N/A
Rec Pool Play & Open Swim	10a.m12:45p.m./ 2-7p.m.** / 7-8:45p.m.	10a.m12:45p.m./ 2-7p.m./ 7-8:45p.m	10a.m12:45p.m./ 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m./5-7p.m.	5-7p.m.
Swim Preschool (see page 14)	4-7p.m.	N/A	N/A	9a.m12p.m.	N/A

^{*}Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

H20 Cardio Class:

It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though. After your cardio section, there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.



Aquatics

Sports*Com Indoor Pool Schedule

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m1p.m. / 3-6p.m. (1 lane)	6-8a.m. / 11a.m1p.m. / 3- 6p.m. (1 lane)	8a.m 12p.m.	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise	N/A	9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	3-6p.m. / 7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Academy (See page 14)	N/A	4-6p.m.	9a.m 11a.m.	N/A

Shallow H20 Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H20 Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.





Swim Preschool

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool! Enroll them in The Swim Preschool of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors.

Adult Lessons are also available!

Ages: 6 months to 4 years

Dates: March 28 – April 13, 2011 (Mondays & Wednesdays / Classes begin from 3:50

p.m. -7 p.m. depending on level)

March 26 – April 23, 2011 (Saturdays / Classes begin from 8:50 a.m. – 12p.m.

depending on level) NO class Saturday, April 9th.

May 2 - May 18, 2011 (Mondays & Wednesdays / Classes begin from 3:50 p.m. -7

p.m. depending on level)

Location: Patterson Park Community Center

Fee: \$60

Contact: Niki Hensley, 893-7439, or nhensley@murfreesborotn.gov

** Registration is required.

Swim Academy

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool! Enroll them in The Swim Academy of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors.

Adult Lessons are also available!

Ages: 5-12 & 18+

Dates: March 29 – April 14, 2011 (Tuesdays & Thursdays / Classes begin from 4 p.m. -6 p.m.

depending on level)

March 26 - April 16, 2011 (Saturdays / Classes begin from 9 a.m. - 11a.m. depending

on level)

May 3 – May 19, 2011 (Tuesdays & Thursdays / Classes begin from 4 p.m. -6 p.m.

depending on level)
Location: Sports*Com Indoor Pool

Fee: \$60

Contact: Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov

** Registration is required.



American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites: 500-yd Swim & 20-yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 + Dates: April 14 – 17

Days: Thursday, Friday, Saturday, and Sunday

Times: 5:00 p.m. – 9:00 p.m., 5:00 p.m. – 9:00 p.m., 8:00 a.m. – 5:00 p.m., &

1:00 p.m. – 5:00 p.m.

Location: Sports*Com Fee: \$145

Contact: Nate Williams, 895-5040, nwilliams@murfreesborotn.gov

**Registration is required.

American Red Cross Water Safety Instructor Class

Become certified by the American Red Cross to teach swim lessons. This class will instruct you how to teach strokes for swimmers and non-swimmers of all ages.

Ages: 15 +

Dates: April 29, 30, amd May 1
Days: Friday, Saturday, and Sunday

Times: 5:00 p.m. – 9:00 p.m., 8:00 a.m. – 5:00 p.m., & 1:00 p.m. – 5:00 p.m.

Location: Sports*Com Fee: \$145

Contact: Nate Williams, 895-5040, nwilliams@murfreesborotn.gov

**Registration is required.



Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.

Ages: Tuesdays Day:

7:00 p.m. - 8:45 p.m. Time: Sports*Com Indoor Pool Location: General Admission

(\$3 Adults / \$2 Youth & Nate Williams, 895-5040, Contact: nwilliams@murfreesborotn.gov



Dive Into Water Pole on Tuesday nights!



Who said eggs are always hidden behind cabbage leaves? Come celebrate our third annual underwater Easter egg hunt with us as we dive into the waters to gather the eggs! Some might be floating atop the water surface and some hiding below. We will begin the hunt at 10a.m. There will be prizes and fun for all, especially to the lucky person who finds the golden egg!

Birth -12 vrs Ages: Date: April 9 Day: Saturday 10 a.m. - 12p.m. Time: Patterson Park Pool Location: \$2 per child

Niki Hensley, 893-7439, nhensley@murfreesborotn.gov

May is School Trips Galore Month

We encourage you to call the aquatics office to book your end-of-theyear field trip. It is a great way to say, "well done" to your students and to help them kick their summer off right. We have available times from 10 a.m. till 12:45 p.m. Hurry and call. Dates fill up quickly!

Ages: Date: May 2011 Monday – Friday Day: Time: 10 a.m. -12:45 p.m. Patterson Park Pool Location:

General Admission (\$3 Adults / \$2 Youth & Seniors) Fee: Niki Hensley, 893-7439, nhensley@murfreesborotn.gov Contact:



May 28, 2011 - Outdoor Pool Opening Celebration at Sports*Com

Come celebrate the beginning of summer in the sun! Relax by the pool, swim, dive, slide, play games and listen to music at the Sports*Com outdoor Water Park. An assortment of contests, for both kids and adults, will be held throughout the day to win great prizes.

Ages: All Ages Date: May 28 Saturday Day:

Time: 10:00 a.m. - 4:30 p.m. Sports*Com

Fee: Premium Admission (\$4 Adults / \$3 Youth & Seniors) Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov Contact:

Memorial Day Madness

There is no better way to spend a day off in May other than relaxing at the Sports*Com Olympic size outdoor pool! This Memorial Day come to Sports*Com for a day of swimming, music, fun and prizes.

Ages: All Ages Date: May 30 Monday Day:

Time: 10:00 a.m. - 4:30 p.m.

Location: Sports*Com

Premium Admission (\$4 Adults / \$3 Youth & Seniors) Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov



Athleffee



Homeschool P.E.

Homeschool P.E. is for children from 1st-9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times.

Minimum of 4 participants to hold class.

Ages: 1st – 9th grade

Date: Beginning January 11 – May 26 Day: Tuesdays and Thursdays

Time: 1 pm – 2 pm

Location: Patterson Park Community Center Fee: \$3 per child or Premium Admission Contact: Ralph Buckingham, 893-7439

Homeschool P.E. 8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs.

Ages: 13 to 17

Date: Jan.6-April 28

Day: Tuesdays and Thursdays

Time: 2:00-2:45

Location: Sports*Com Weight Room

Fee: Premium Pass--Students must preregister as space will be limited

to ensure quality instructor/student time.

Contact: Allison Davidson, 895-5040

Youth Volleyball

Bump, set and spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced, youth volleyball players will get the opportunity to develop and refine their skills.

Ages: 8 - 15
Dates: Thursdays
Time: 4:30 to 6:00 p.m.
Location: Sports*Com
Fee: \$3 per visit

Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov

Murfreesboro Track and Field

MTF (Murfreesboro Track and Field) is a great opportunity to get out and get active. Track and Field is a rewarding sport that anyone can participate in. Our trained staff will help prepare athletes for the coming track season. Practices will be held on Monday evenings as we prepare for the Local Hershey's Track and Field meet. Registration will be held throughout the month of March at Sports*Com, McFadden Community Center and the

Ages: 9 - 14

Dates: Mondays beginning April 11th

Main Office at Barfield Crescent Park.

Time: 5:30 p.m.

Location: Riverdale High School Track Fee: \$25 (fee includes T-shirt)

Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov





Murfreesboro Youth Competitive Volleyball League

The Murfreesboro Youth Competitive Volleyball League will be hosted at McFadden Community Center during the summer. Practice times will be given through the week, with matches on Saturday mornings. The league will follow TSSAA rules throughout the 8-week season and conclude with a double elimination tournament. While the league signs participants up as a team, individuals will be taken and placed where space is available. Registration will be taken at the Athletics' office at McFadden Community Center. Coaches wishing to submit a team must fill out a coaching application and ensure all players are registered prior to the first practice.

Ages: 17 and under

Dates: Registration throughout the month of April

Practice during the week beginning in May

Games on Saturdays

Location: McFadden Community Center Fee: \$40 per player (includes game jersey)

Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov



Spring Racquetball League

The Racquetball League is designed for men and women of all skill levels, 13 years of age and older, to compete against others in about a 7-week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15 (Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available Divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under.

Ages: 13 and up

Date: Sign-ups: February 7 – March 18

League Play: Tentative Start Date- week of April 3
Day: Day and time will be determined between opponents.
Time: Day and time will be determined between opponents.

Location: Patterson Park Community Center

Fee: \$15 per player (Patterson Park Community Center admission is

not included in the \$15)

Contact: Mike Philpott, 893-1802

Sports*Com Adult Basketball League

Sports*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. League offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage

you.

Ages: Adults

Dates: Wednesdays beginning May

Time: Games will begin at 6:00, 7:00 & 8:00 P.M.

Location: Sports*Com

Fee: \$4 per visit per person or premium pass

Contact: Thomas Laird,

907-2251, or athletics@murfreesborotn.gov





Cultural Arts

Sunshine Players

Murfreesboro Parks and Recreation Department's Sunshine Players is a teaching theatre, celebrating over 20 years for children and youth ages 4-17. They produce six plays per season.

The Sunshine Players is a membership group with a oncea-fiscal-year fee of \$30.00. This fee helps offset the costs of producing theatre-sets, props, costumes, space, staff, and marketing. It also allows the members to receive free acting lessons, a season t-shirt, and discount tickets to shows they are not participating in.

Sunshine Player juniors are ages 4-10 and have at least two shows geared towards their age group. Sunshine Player seniors are ages 11-17 and are eligible to audition for five productions. For more information, please email Terry Ann Womack at twomack@murfreesborotn.gov.



Sunshine Player Programs

Acting Classes
These classes are held in The Theatre at Patterson

Mondays - ages 4-10 / 5:30 - 6:15 PM

Tuesdays - ages 8-17 / 5:30 - 6:15 PM

There are no classes during Spring Break or holidays when the facility is closed.

Film-Makers Workshop

Held on the second Saturday of each month in The Theatre at Patterson Park, this workshop is open to ages 10 and up and will explain and demonstrate how to write a script, direct, film and edit. The workshop will be from 9:30 a.m. - noon.

Did You Know??

The Theatre at Patterson Park is available for rentals?

Visit www.murfreesborotn.gov/parks for more information!

Cultural Arts



Auditions & Productions



The Brothers Grimm

We are proud to partner with the Nashville Opera to bring this production to the stage in Murfreesboro. This season the Nashville Opera presents the American Premiere of Dean Burry's The Brothers Grimm. Follow Wilhelm and Jacob Grimm as they write the classic tales of Rapunzel, Little Red Riding Hood and Rumpelstiltskin. This student-friendly, 45-minute English production comes with full sets and costumes, audience interaction, five professional opera singers and a pianist, all members of Nashville Opera's Mary Ragland Young Artist Program.

Ages: All

Date: Saturday, March 12

Time: 7:00 p.m.

Fee: Free, limited seating. Call for reservations.

Location: The Theatre at Patterson Park Contact: Terry Ann Womack, 893-7439

twomack@murfreesborotn.gov

"A Storybook Easter"

An original script, the Easter Bunny, on his way to deliver eggs, gets kicked in the head "accidentally" by a chipmunk and cannot remember who he is, except that his name is Peter. The forest creatures find a storybook and try to help him remember based on some stories in the book.

Production: April 8 & 9 at 7:00 PM, April 10 at 2:00 PM
Location: The Theatre at Patterson Park
Fee: Adults \$7.50 / Youth, Seniors \$6.00
Contact: Terry Ann Womack, 893-7439
twomack@murfreesborotn.gov

"Zany One Acts"

The end of the season One Acts, directed by members for members – sustaining and potential! Open to ages 4-17, there's bound to be one suitable for you – since they are a little crazy – the One Acts, not the directors, or maybe they are, too!!

Auditions: April 17 from 2-4 p.m., April 18 for 6:30 – 8:30 p.m.

Location: The Theatre at Patterson Park

Fee: N/A

Contact: Terry Ann Womack, 893-7439 twomack@murfreesborotn.gov





General-Programs



Book Worms

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft, and a story with cuddle time in the MHL Library. Each month will focus on a central theme.

Ages: 3-5 years

Day(s): 2nd Thursday of each

month

Dates: March 10, April 14, and

May 12

Time: 10:00-10:45 a.m. Location: Patterson Commun

Patterson Community Center- MGL Library

Fee: Free with premium pass or \$3.00 Contact: Trina Pullum, 893-7439

Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your

spot—space is limited.

Ages: 3-5

Days: Mondays & Wednesdays
Time: 10:30-11:15 a.m.

Location: Sports*Com Aerobic Room

Fee: \$3.00 or premium pass. Preregistration is required.

Contact: Allison Davidson, 895-5040

Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under
Dates: Fridays
Time: 10 a.m.
Location: Sports*Com
Fee: \$3 per visit

Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov

A, B, C, 1, 2,3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, a story, a short lesson (letter or number), and do a craft! Hold on because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years

Day(s): Every Tuesday and Thursday

Dates: March, April, and May

Time: 10:00-10:45a.m.

Location: Patterson Park Community Center

Fee: Free with premium pass or \$3.00 registration required

Contact: Trina Pullum, 893-7439





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Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years
Days: Tuesdays & Thursdays
Time: 10:45-11:15a.m.
Location: PPCC Aerobics Room

Fee: \$3.00 or Premium Pass
Contact: Jane Ogg, 893-7439 x 23, or jogg@murfreesborotn.gov

Wee Play

New Program!

New at Patterson Park, a program just for the "wee" ones, those children two years old and younger. Instructor led activities will include a marching band with instruments, parachute time, story time and much more. These sessions offer young children the opportunity to interact with children the same age while mom or dad is still close

by.

Ages: 1-2 years old Day(s): Mondays Dates: March-May Time: 10:00-10:45 am

Location: Patterson Park Community Center Fee: Free with premium pass or \$3.00

Contact: Trina Pullum, 893-7439

Dance!

Get the dance school experience for a fraction of the price! Students will learn the essentials of ballet and jazz in a disciplined classroom environment. Age-appropriate music, costumes and choreography will be selected. The dancers will showcase their hard work and talent at a recital in the Theatre at Patterson Park in May 2011. Space is limited.

Ages: 3-12

Dates: Now through May 2011
Days: Tuesday, Wednesday or Thursday
Times: Ages 3-5 Tuesday 11:30 am-12:15 pm
OR Thursday 11:30 am-12:15 pm

OR Thursday 11:30 am-12:15 pm Ages 5-7 Wednesday 3:45 pm-4:30pm Ages 8-12 Wednesday 4:30 pm-5:15 pm

Location: PPCC Exercise Studio

Fee: \$25/month

Contact: Jane Ogg, 893-7439, ext. 23, or jogg@murfreesborotn.gov



Spring Time Tea Party

The weather is nice, the flowers are blooming and the girls love to dress up in special clothes or mom's fancy clothes making them feel special and grown up. Wear your favorite spring outfit and join Mrs. Trina in her Spring Tea Party to renew your former "tea time acquaintances" or make new friends. Enjoy

sweet treats, springtime activities and a craft.

Activities and a craft.

Ages: 3-10

Day(s): Saturday

Dates: March 19

Time: 11am – 12:30 pm

Location: GED room

Fee: \$3:00/child

Contact: Trina Pullum, 893-7439

(Registration required)
Class limited to 15.



Spring Teddy Bear Tea Party at Cannonsburgh Village

Reserve your spot now, as space is limited for our Teddy Bear Tea. Bring your favorite teddy bear and celebrate spring in your finest attire. Refreshments will be served. Reservations required.

Ages: 4 – 10
Date: March 27
Day: Sunday
Time: 1 p.m.- 3 p.m.
Location: Cannonsburgh Village

Fee: \$2.50 person

Contact: Cannonsburgh Village/ Reservations required. Limited space.

Call Kathy, 890-0355, or email tcline@murfreesborotn.gov

Mother and Daughter Tea

Create a special memory with your daughter at Mrs. Trina's first mother/daughter tea. Enjoy mother and daughter activities and make a craft together. It is an afternoon of fun, food, and pretty dresses that will be enjoyable for both the moms and the girls.

Ages: 3-10
Day(s): Saturday
Dates: May 7

Time: 11am – 12:30 pm Location: GED room Fee: \$3:00 per person

Contact: Trina Pullum, 893-7439 (Registration required)

Class is limited to 15.



Genéral-Programs

Pirate Adventures

Shiver me timbers and hoist the Jolly Roger cause you're settin sail on an exclusive, one-of-a-kind pirate adventure. Little boys love to hear about pirate stories and buried treasure. Mom or Dad, bring your little shipmate for an enjoyable time of food, crafts and pirate activities. Thar be a treasure chest full a fun awaitin' the little one!

Boys ages 3-8 Ages: Saturday Day(s): Dates: April 23

11am - 12:30 pm Time: Location: GED room Fee: \$3:00 per child

Trina Pullum, 893-7439 (Registration required)

Class is limited to 15.

4-H with Mr. Shirley

Michael Shirley of the Rutherford County Extension Service will lead youth in various educational programs based on science, engineering and technology. Such classes will include food science, bridge building, GPS location plus lots more interesting topics and activities.

Ages: 8 – 12 years of age

Day(s): Monday

March 28, April 25, May 23 Dates:

Time: 4:00-5:00 pm

Location: PPCC Arts and Crafts Room Fee:

Contact: Trina Pullum, 893-7439

Sunday Series of FUN

It's going to be fun on Sunday afternoons!

St. Patrick's Day is coming! Let's get ready!

Families (including single parents, and extended families) Date: Day: 2:00 - 4:00 pm Times:

Location: Patterson Community Center

A bag of nonperishable food items per family

April Showers Bring May Flowers

Families (including single parents, and extended families) Ages:

Date: April 10 2:00 - 4:00 pm Times:

Location: Patterson Community Center

A bag of nonperishable food items per family

Messy Marvins and Mabels

Don't wear your Sunday best! We'll be messy again! Ages: Families (including single parents, and extended families)

Date:

Sundays Day: 2:00 - 4:00 pm Times:

Location: Patterson Community Center

A bag of nonperishable food items per family

Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov



General Programs

Wedding Show

Are you planning a wedding? Come to Cannonsburgh Village and meet Caterers, Photographers, Wedding Planners, and more.

Ages: All Ages
Date: March 12, 2011
Day: Saturday
Time: 10 a.m.-2p.m.
Location: Cannonsburgh Village

Fee: Free for participants. \$25 Booth fee for vendors.
Contact: Tammy Cline, 890-0355, or tcline@murfreesborotn.gov

Community Yard Sale at Cannonsburgh Village

Come shop from over 40 vendors or reserve a space to sell your items.

Reservations required for booth space.

Ages: Al

Date: March 19, 2011
Day: Saturday
Time: 7 a.m.-12 p.m.

Location: Cannonsburgh Village

Fee: Free for participants. \$25 Booth fee for vendors.
Contact: Tammy Cline, 890-0355, or tcline@murfreesborotn.gov

35th Annual Pioneer Days

Come celebrate spring in true pioneer fashion with oldtime music & dance, hayrides, blacksmithing, and other old-time demonstrations. Also, enjoy an antique auto and art exhibit. Shop from over 40 crafters and food vendors

Ages: All ages
Date: April 16, 2011
Day: Saturday

Time: 10:00 a.m. - 5:00p.m. Location: Cannonsburgh Village Fee: Free admission

Contact: Shelia Hodges,

890-0355, or shodges@murfreesborotn.gov

3rd Friday Outdoor Concert

Bring your lawn chairs and enjoy live outdoor concerts the 3rd Friday of each month at Cannonsburgh Village. The concerts will feature The Hands

of Time Bluegrass and other bands.

Ages: Al

Dates: 3rd Friday of each month beginning April 15th

Days: Friday
Time: 7pm – 9:30 pm
Location: Cannonsburgh Village
Fee: Free Admission

Contact: Cannonsburgh Village, 890-0355

Diabetes Self-Management Workshop Series

Do you or someone you love have Diabetes or Prediabetes? "Yes I Can!" is a free workshop series for people affected by diabetes who want to take control of the disease. Participants are welcome to attend with a loved one/support person. A free gift will be given to all participants. Preregistration required.

Dates: March 1, 8, 15, 22, 29, and April 5

Time: 12 - 2:30 p.m.

Location: Patterson Park Community Center/ MGL Library

Fee: Free Contact: 904-8342

Free GED Classes

Rutherford County Schools and MGL Library are proud to offer free GED classes at Patterson Park Community Center. Registration and pretesting are held each

Wednesday, 1 - 4 p.m.

Days: Tuesday and Thursday (Classes)
Wednesday (Registration & Pretesting)

Time: 6 - 8 p.m. for classes (Wed. 1-4 p.m.)

Location: Patterson Park Community Center/ MGL Library

Fee: Free

Contact: Howard (MGL Library), 907-3429

Rutherford County Adult Ed., 893-5812

Free Tutoring

The free tutoring is for all ages (elementary through GED students).

Days: Tuesday and Thursday

Time: 4 p.m.

Location: Patterson Park Community Center/ MGL Library

Fee: Free

Contact: Howard (MGL Library), 907-3429

Rutherford County Adult Ed., 893-5812

ACT Prep Classes

ACT Prep classes are free. Registration is required.
Date: Call Howard for dates at 907-3429

Time: 9 a.m

Location: MGL Library inside Patterson Park Community Center

Fee: Free

Contact: Howard, 907-3429, or hrhodes@linebaugh.org

Computer Classes

Computer classes are offered at MGL Library the first Tuesday of each month. Beginners to advanced participants are encouraged to attend. Learn anything from basic operation of a computer to Social Networking and more advanced skills.

Day: Tuesday (First Tuesday of each month)

Time: 5 p.m.

Location: MGL Library inside Patterson Park Community Center

Fee: Free

Contact: MGL Library, 893-7439



Community Bingo

Join other adults for a lively game of Bingo. Small prizes are awarded along with a Grand Prize drawing at the conclusion of the game. Your Bingo admission will also allow you to visit the Game Room for a game of pool or walk the fitness track. What a value!

Ages: Adults and Seniors

Day(s): Third Wednesday of each month Dates: March 16, April 20, May 18, Time: 10:00-11:00a.m. Location: PPCC Dining Room

Contact: Trina Pullum, 893-7439

Patterson Park Senior Fellowship

Voices From Our America, an organization in association with Vanderbilt University, leads seniors in ancestry research, various speakers, photo opportunities, and much

more.

Ages: Seniors

Day(s): The first and fourth Thursday of each month Dates: March 3 & 24, April 7 & 28, May 5 & 26

Time: 12:00-1:30 pm Location: Dining Room

Fee: Free

Contact: Trina Pullum, 893-7439

Bead Buddies & Loomy Birds

We may be loom-y, but we're not loon-y. Join us to learn loom knitting; it's easy to learn, and fun to do. We'll provide the looms and yarn. Make hats for yourself and the senior community to stay warm this winter.

Ages: 60+

Date: March 2 thru May 25 Day: Wednesdays Time: 1:30 – 3:30 p.m.

Location: St. Clair Street Senior Center; 325 St. Clair Street

Fee: None

Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Chicken Foot Tournament

We're taking your chicken foot skills to a new level with a tournament. New players welcome too; beginners luck could reign! Refreshments served.

Ages: 60+

Date: March 11, 2011
Day: Friday
Time: 1:00 – 4:00 pm

Location: Hosted by St. Clair Street Senior Center, 325 St.Clair Street Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

Crafts

Color swirl clay jewelry

Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 18.

Age(s): 60+
Dates: March 21
Day: Mondays
Times: 1:00 to 4:00 pm

Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Fee: None

Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Ega Faces

Bring a picture of a face that can be copied to your egg. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per

class. Age(s):

Age(s): 60+
Dates: April 11
Day: Mondays
Times: 1:00 to 4:00 pm

Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Fee: Non-

Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Make your own Stamp

Bring a piece of clip art or a picture to use to design your stamp.

Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per

class.

Age(s): 60+
Dates: May 9
Day: Mondays
Times: 1:00 to 4:00 pm

Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Fee: None

Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov





Sandwich Night

Bring your favorite fixings for a sandwich or your favorite side dish to go with it! Plan on enough for 20 to taste your item. MPRD will bring the breads, meats, and cheeses. Play your favorite card game after dinner. Please register in advance by calling the St. Clair Street Senior Center, 848-2550.

Ages: 60+ March 18 Date: Dav: Friday 5:30 - 9:00 pm Time:

Location: Hosted by St. Clair Street Senior Center, 325 St. Clair Street Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

April Fools Weiner Roast

It's wieners for dinner, and s'mores for dessert! Admission is salad, vegetable or fruit for 10. Play your favorite card game after dinner. Please register in advance by calling the St. Clair Street Senior Center, 848-2550.

Ages: 60 +Date: April 1, 2011 Friday Day: 5:30 - 9:00 pm Time:

Location: Hosted by St. Clair Street Senior Center, 325 St. Clair Street Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Bridge Tournament

It's our annual tournament with refreshments and prizes provided by MPRD. New and experienced players welcome. Registration requested; call 848-2550.

Ages: 60+ Dates: April 7 . Thursday Davs: 1:00 to 4:00 pm Time:

Location: Hosted by St. Clair Street Senior Center

Fee:

Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

Canasta Tournament

It's our second annual spring canasta tournament with refreshments and prizes. Cosponsored by MPRD and St. Clair Street Senior Center. New and experienced players welcome. Registration requested; call 848-2550.

Aaes: 60+ Dates: April 14 Days: Thursday Time: 1:00 to 4:00 pm

Location: St. Clair Street Senior Center

Fee: None

Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov





Mooving Day

We are seniors and we *MOOVe* to stay fit! Join the Parks and Recreation staff and the St. Clair Street Senior Center staff to see how you can "be in the middle" of staying fit! Lunch provided by Mid-Cumberland Nutrition; reservations for lunch are required by Tuesday, May 11th, by calling 895-1870.

Ages: 60+ Date: May 18 Day: Wednesday

Time: 9:00 – 1:00 pm; includes lunch if reserved by May 18th

Location: St. Clair Street Senior Center, 325 St. Clair Street

Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov; Allison Davidson, 895-5040, adavidson@murfreesborotn. gov or Lisa Foster, 848-2550, lfoster@murfreesborotn.gov







St. Clair Classics March Dance

Enjoy an evening of dancing to the music of the Bill Sleeter Trio. Admission is \$5.00 per person at the door. For more information, call Yvonne Jones at 896-6050.

Ages: 60+ Date: March 11 Day: Friday

Time: 7:00 to 10:00 p.m.

Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door Contact: Yvonne Jones, 896-6050.

Spring Dance

Put on your dancing shoes and join us for the music of Bill Sleeter Trio.

Cosponsored by MPRD, the St. Clair Street Senior Center, and the St. Clair Classics. Admission is \$5.00 per person at the door. Refreshments provided by MPRD and St.CSSC beginning at 6:30 pm.

Ages: 60+
Date: May 13, 2011
Dav: Friday

Time: 7:00 to 10:00 p.m. Refreshments served at 6:30 pm Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door Contact: Yvonne Jones, 896-6050.

St. Clair Classics 11th Anniversary Dance

Enjoy an evening of dancing to the music of Nashtones. Admission is \$5.00 per person at the door. For more

information, call Yvonne Jones, 896-6050.

Ages: 60+
Date: April 8
Day: Friday
Time: 7:00 to

Time: 7:00 to 10:00 p.m.

Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door Contact: Yvonne Jones, 896-6050.



St. Clair Street Senior Center offers a variety of services, programs, and activities for individuals age 60 and over. The Center is open weekdays 8 a.m. to 4:30 p.m. and Saturdays 12:30 to 3:30 p.m. and special occasions. Phone: 848-2550



Wild Things

Frogs, birds, and bugs...oh my! Salamanders, snakes, and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size fits all...so tots and parents can have a ball!

Ages: 1 – 4 years with adult

Day: Wednesdays

Times: 9:30 a.m. (Call on the Tuesday before for reservations.)

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 217 - 3017. Reservation required.

Growing Up Wild

Has your toddler "graduated" from Wild Things and is looking for the next step? Growing Up Wild is an internationally used program developed by Project Wild that helps explore nature with young children to foster an interest and appreciation of wildlife and the natural world around them. Come join us for a Wild Time!

Ages: 3 – 6 years with adult

Day: Wednesdays

Time: 10:30 a.m. (Call on the Tuesday before for reservations.)

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station 217 – 3017. Reservation required.

Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have

- the animals!

Ages: All

Day: Saturdays in March Time: 1:30 – 2 p.m. Location: Wilderness Station Fee: Free

Contact: Wilderness Station, 217-3017



Strollercoaster Mom's Group

Use your baby's stroller as portable equipment while we power walk on the Greenway for an hour. Then join us for an optional "Stay and Play" for the kids to have a little non-stroller time. Enjoy meeting other moms and get in shape while exploring Murfreesboro and spending time with your child. We can share the ups/downs and loop-de-loops of motherhood. Anyone can join in at anytime. No membership or registration is necessary!

Ages: Birth – 5 years and adults

Time: 9 a.m. – 10 a.m. to walk, then stay and play until 10:30 or so

Fee: Free

Contact: Angela Jackson at 890-5333 or ajackson@murfreesborotn.gov In inclement weather, call 890-5333 for cancellation information.

Find addresses and map-links for each location at www.murfreesborotn.gov/parks

Thursday Location Stay and Play March 3 General Bragg Trailhead playground March 10 Barfield Crescent Park, shelter #4 playground March 17 Old Fort Park, meet behind Kids' Castle playground

March 24Thompson Lane Trailheadballs and play equipment providedMarch 31General Bragg TrailheadplaygroundApril 7Cason Trailheadplayground

April 14 Murfree Spring Wetland (at Discovery Center) playground
April 21 Old Fort Park, Overall Street Trailhead musical parade, instruments provided

April 28 Barfield Crescent Park, Wilderness Station meet & greet the critters May 5 General Bragg Trailhead playground

May 12 Cason Trailhead playground
May 19 Murfree Spring Wetland (at Discovery Center) playground

May 19Murfree Spring Wetland (at Discovery Center)playgroundMay 26Thompson Lane TrailheadLunch together, group's choice



Murfreesboro Bird Club Hike

Join us for our monthly walk as we search together for spring migrants and resident birds of Tennessee. Murfreesboro's Bird Club welcomes all levels of experience, and we encourage anyone who is interested in birds or bird behavior to join us! Please bring your own binoculars if you have them. We have a few to lend out on a first-come, first-served basis. We look forward to seeing you!

Ages: 6 and up

Dates: Wednesday, March 16 Wednesday, April 13

Time: 9:00 a.m.

Fee:

Location: March: Murfree Spring at the Discovery Center

April: Nickajack Wetlands. Call the Wilderness Station for

directions

Contact: Niki Jordan, 217-3017, or njordan@murfreesborotn.gov

Senior Spring Hikes

Spring is in full swing, so seniors come out and enjoy the newly budding trees, fresh air, and the beauty of nature as we hike along our paved trail for an easy stroll. A naturalist-led hike will let you experience the full flavor of spring here at Barfield Crescent Park.

Adult Ages:

Thursday, March 17 Dates: Tuesday, April 12 Time: 9:00 a.m.

Location: Wilderness Station

Fee:

Contact: Wilderness Station, 217-3017

WALKIE-TALKIES

Looking for a moderate paced walk? Join us for a great way to meet new people, socialize, and enjoy company in a group exercise format for your fitness and health. Come out and catch a breath of spring on the Greenway trails.

Ages:

Old Fort Park Pavilion #3 None Contact: Barb Biggs, 893-2141, or bbiggs@murfreesborotn.gov or Deborah Pachall, 893-2141. dpaschall@murfreesborotn.



World Turtle Day:

An Environmental Awareness Event

Come join us as we partner with the Discovery Center in a day dedicated to our shelled friends as we celebrate and discover ways to increase turtle conservation around the world. Participate in the World's Slowest Hike and stop at each turtle station to learn about the different species that inhabit our planet. In addition, find out steps to become a better GREEN family at home and in your schools to help out all the critters on this planet - including us! Activities, crafts, live animals, and free Turtle Tracks ice cream (while supplies last). It will be fun for the whole family to enjoy.

Ages: Date: May 21 Time: 1 – 4 p.m.

Location: Murfree Spring at the Discovery Center

Rachel Singer, 217 – 3017, or rsinger@murfreesborotn.gov Contact:



The Small Fry Tri -A Triathlon for Preschoolers

Murfreesboro's Smallest Triathlon! Kids will run, bike, and swim (really run through sprinklers) to the finish line, where everyone receives a trophy. Parents, older siblings, or personal trainers may help. Bring a bicycle or tricycle and a helmet.

Preregistration is highly recommended.

Preregister at the Wilderness Station between Tuesday, May 31st, and Friday, June 10th. Purchase your event packet with everything you need for the day!

Ages: 2 - 6 years Date: Saturday, June 11

Time: 10:00 a.m. - 11:00 a.m. (Races will be held about every 10 minutes.) Come early if you register the day of the event.

Location: Old Fort Park Trailhead \$6 (includes trophy)

Contact: Wilderness Station, 217-3017 or rsinger@murfreesborotn.gov





A Stones Throw Away: A Cleanup Along the Greenway

We need your help cleaning up the greenway! Volunteers will pick up trash beside the trail, on the banks of Stones River and Lytle Creek, or even in the water. Trash bags, gloves, water and snacks will be provided

Wear sturdy shoes and clothes that can get wet and dirty. Bring:

Ages:

Date: Saturday, May 14 Time: 9:00 a.m. to 12:00 noon

Overall Street Trailhead at Old Fort Park, 410 Overall Street Location:

Wilderness Station, 217-3017, or rsinger@murfreesborotn.gov Contact:



Turtle Searches

Calling all researchers – whether you are a junior scientist, senior scientist, animal lover, or interested citizen, join us as we continue our box turtle study right here in Murfreesboro. These lovable reptiles are losing ground and are listed as a species of concern in Tennessee due to habitat loss and being taken as household pets. Now is your chance to be a part of a research team to collect data on this important species and make a difference! Participate in one or as many as you wish. Information on the box turtle and instructions will be provided upon arrival.

Note: This is an off-trail experience in the woods; please wear long pants and closed-toed shoes or boots. Bug spray and water are recommended. This program may also be scheduled for small groups, clubs, or scouts.

8 and up Ages:

Tuesdays, May 3rd and 17th Dates:

Time: 3 p.m.

Location: Nickajack Wetlands – Call for directions

Contact: Wilderness Station, 217-3017, or rsinger@murfreesborotn.gov

Birding in the 'Boro: A Walk-A-Thon & Celebration

Beautiful birds can be found all over Murfreesboro. Join in the fun with Murfreesboro Parks and Recreation, Discovery Center, and Rutherford County Environmental Education as we walk for the birds. "Flights" of approximately 20 people will enjoy a staff led walk through the wetlands while looking for scavenger hunt items such as habitat signs, feeding marks, and of course bird-life. Then"fly" on over to the celebration and learn, discover, and enjoy our fabulous, feathered, friends through interactive activities such as art, games, music, vendors, and live birds.

Ages:

Saturday, April 9 Day:

Time: Walk-A-Thon begins at 9 a.m.

Celbration: 9a.m. - noon

Location: Murfree Spring Wetlands at Discovery Center

Walk-a-thon - \$1.00 per person (ages 5 and up) -

all walk-a-thon proceeds go towards bird habitat enhancement

at the Discovery Center and Murfree Spring Celebration activities(outside) are free

Contact: Wilderness Station, 217-3017 or rsinger@murfreesborotn.gov or

niordan@murfreesborotn.gov



Campfire Circle

Campfires are filled with magic and make great memories for families, couples, and individuals. Join us on a fun and memorable adventure and leave your worries at home. First, meander along a paved trail at twilight for a guided nature hike. Spring has arrived and the animals are thankful it's warming up. Learn what they have been doing all winter and why they are singing for joy this spring. Arrive at the glowing fire for a tasty treat, and then settle in for songs, skits, and friendships that ignite. It's fun for the whole family.

Ages: All

Fee:

Dates: Saturday, March 19 – Full Moon Fun!

Friday, April 8
Time: 6:30 p.m. – 8:30 p.m.
Location: Wilderness Station

\$3.00 per person

Contact: Wilderness Station, 217-3017. Registration Required.



The Great Family Campout Experience

It's still backpacking but made as family-friendly as possible. Begin with an easy 1-mile hike in to the campground. Once there, park staff will be on-hand to help you set up and settle in. Various activities will be planned throughout the night for you to choose to participate in or just relax in front of the campfire. Dinner and breakfast will be provided and are included in your registration fee. Guided Night Hikes, Owl Prowls, Children's Activities and Games, Campfire Fun, and Music will make this camping experience a night to remember. Tents (2-person & 4-person), ground cloths, sleeping pads, and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Don't forget to schedule your Wilderness Awareness Workshop when you register.

Menu -

Dinner: Hotdogs or Campfire Pita Pizza, chips,

baked beans, drink

Dessert: S'Mores

Breakfast: Muffins, coffee, and orange juice

Ages: All

Date: May 6th, 2011

Time: Check-in between 4 p.m. and 6:30 p.m.

Location: Wilderness Station – Barfield Park Campground Fee: \$10.00 / Adult -- \$5.00 Children 5-12 – Children 4

\$10.00 / Adult -- \$5.00 Children 5-12 – Children 4 and under are

free with paying adult.

Contact: Wilderness Station, 217–3017. Registration Required.

Wilderness Awareness Workshop

This program is required prior to camping at the Barfield Park Campground. This fun, light-hearted presentation is designed to include campground etiquette and Leave No Trace outdoor ethics. Please call for scheduled dates for your family or group at 217–3017.

Wilderness Station Hours:										
Season	Months	Hours of	Operation							
Winter	Jan 1 – Mar 12	Sun Mon Tues – Sat	12 pm – 5 pm 9 am – 12 pm 9am – 5 pm							
Spring	Mar 13 – May 21	Sun Mon Tues – Thurs Fri – Sat	12 pm – 6 pm 9 am – 12 pm 9am – 5 pm 9 am – 8 pm							
Summer	May 21 – Oct 1	Sun Mon – Sat	12 pm – 8 pm 8 am – 8 pm							



Murfreesboro Teen Adventure Club (M-TAC)

Are you a Murfreeboro teen who enjoys high adventure? Then join us for unforgettable experiences as we explore beautiful backcountry locations of Middle Tennessee and make lasting friendships along the way. Choose from hiking, paddling, rock climbing, and so much more! Enjoy different adventures throughout the year. You won't want to miss this awesome new opportunity happening right here in Murfreesboro!

Hiking at Fiery Gizzard, South Cumberland State Park

Experience the raw adventure of the Cumberland Plateau as we hike up and down gorges, meander through hemlocks, and enjoy waterfalls along the way. Not for the faint of heart – are you up for the challenge?

Registration deadline is March 15th, 2011, and space is limited.

 Ages:
 13-18 years

 Dates:
 Tuesday, March 22

 Time:
 10a.m. – 4:00 p.m.

Location: Meet at the Wilderness Station. Transportation will be provided.

Fee: \$15.00 Register at the Wildernes Station

Contact: Call the Wilderness Station to register, 217-3017, or rsinger@murfreesborotn.gov

Leap of Faith – high ropes element, Deer Run Retreat, Thompson Station

A true test of courage, the Leap of Faith stand alone high ropes element is a 40 foot tree that the branches have been cut down to nubs. Climb up the tree to the top and then jump off the platform and try to ring the bell. Dare to Do It!

Registration deadline is April 8th, 2011, and space is limited.

Ages: 13-18 years
Dates: Friday, April 22, 2011
Time: 10a.m. – 4:00 p.m.

Location: Meet at the Wilderness Station. Transportation will be provided.

Fee: \$15.00 Register at the Wildernes Station.

Contact: Call the Wilderness Station to register, 217-3017, or rsinger@murfreesborotn.gov





Summer Kayak Club

Hey, Teens! Summer's around the corner, and it's time to find something to do in the great city of Murfreesboro. How about spending your time and energy on the waterways that are around us.? Every week we will embark on a new adventure along the Stones River. Learn kayak paddle strokes, how to read the river, and water safety techniques while meeting new friends.

Registration begins March 1st and is filled on a first-come basis.

Limited to 8 participants.

Age: 13-18

Dates: Thursdays, June 2nd – June 30th

Time: 2:00 p.m. – 5:00 p.m.

Locations: Will vary

Fee: \$100.00 for 5 adventures *Register at the Wildernes Station*.

Contact: Wilderness Station, 217-3017, or rsinger@murfreesborotn.gov to sign up.



Outdoor



Teachers, Homeschoolers, and Scouts:

Field Trips and Field Studies for your group: We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 217–3017, or rsinger@murfreesborotn.gov or check out our website at www.murfreesborotn.gov/parks under Greenway & Wetlands or Wilderness Station.



Backpacks for Education!

The Greenway and Wilderness Station are now offering free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and lesson plans surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness.

Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

Contact the Wilderness Station at 217-3017 for more information!

Have your child's next birthday party at the Wilderness Station!

Choose one of our exciting nature-themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station.





MJ's Detroit Hustle Soul

Line Dance

Dancing is an excellent way to lose weight, lower your blood pressure and cholesterol. You can laugh and meet new friends. New dances taught each month. Never danced before? No problem. Walk-ins are welcomed. No dancer left behind, on site instructors.

Contact MJ for days and times.

Location: PPCC Exercise Studio

All Ages Aaes:

Fee: \$20 monthly /\$5 drop in

Contact: MJ Hollins, 713-8143, or digitalmj@bellsouth.net

Martial Arts

Have you ever wanted to get in shape, gain selfconfidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise

Ages:

Dates: Ongoing

Tuesday, Thursday, Saturday Days:

Time: T & Th 7:30pm - 8:30pm/Sat. 10am - 12:00pm

Location: PPCC Exercise Studio Contact Bryan Fee:

1024

Shuharido School of Karate

Karate Style: Wado Ryu (Japanese Karate)

Instructor: David Harris -

Certified 3rd Degree Black Belt

Ages: 14 years and up Location: Sports Com

Day & Times: Tuesday 6:00-7:30pm Friday 6:00-7:30pm Fee: Call for Information Contact: David Harris, 896-6431

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up

Days: Thursdays, Fridays or Saturdays

Time: Thursday 5:30-6:45 pm, Friday 7:00-8:00 am,

Saturday 12:30-1:30 pm

Location: Thursday: Sports*Com meeting room

Friday and Saturday: Patterson Park Exercise Studio

Contact Bret Hawkins for specifics Fee:

Contact: Bret Hawkins, 895-4932 or bretkhawkins@juno.com





Four-Week Fitness Boot Camp

If you are looking for a challenging workout or just want to challenge yourself, come to Patterson's Fitness Boot Camp. Each class will consist of a 10 minute warm-up, 20 minutes of cardio, 20 minutes of core and strength training using partners, bands, body weight, and anything else we can think of for resistance, and a 10 minute cool-down and stretch period. Cardio and strength training will alternate throughout the class to keep the heart rate elevated and prevent boredom. Work at your own pace for different levels of difficulty. Participants must fill out a Par-Q and sign a release form. A doctor's release may be required. Class size is limited and you must preregister.

Ages: 16 & up

Dates: Beginning Session I April 4th – 29th Session II May 2nd – 27th

Days: Monday, Wednesday, Friday

Time: 5:30pm – 6:30pm

Location: Patterson Park (outside) (inside during inclement weather)

Fee: \$50

Contact: Chad Hill C.S.C.S, 893-7439, or chill@murfreesborotn.gov

12-Week Weight Loss Challenge: Spring Edition

Let's get ready for bikini weather! You'll get informative meetings, exercise programs and accountability. Space is limited. Deadline to register is the first meeting day.

Ages: Adults

Dates: April 4, 2011 through June 20, 2011

Days: Mondays Time: 5:30-6:30 p.m.

Location: Sports*Com Aerobic Room

Fee: \$50.00

Contact: Allison Davidson or Jennifer Joines, 895-5040

Patterson Indoor Sprint Triathlon VI

Have you ever wanted to compete in a Triathlon? Come to Patterson Park Community Center and compete in our sixth annual indoor sprint triathlon. Participants will swim 500 yards in our indoor pool, bike 12 miles on a stationary bike, and run 3 miles on our indoor track. Competitors will be racing against the clock as well as other contestants' times. There will be a staggered start and each individual will be timed during the entire event (including transition). The overall winner will be announced at the end of the event. Space is limited.

Register now! Ages: 16 and up Date: April 16

Time: 1st Group begins at 8:30am Location: PPCC Pool and Track

Fee: \$20

Contact: Chad Hill CSCS, 893-7439, or chill@murfreesborotn.gov



Half Marathon Training for Beginners

Whether you're new to running or ready to try a half marathon, we've got the perfect program for you! This 7 month total-body fitness program will be the motivation you need to meet your fitness goals!

Our first goal will span 13 weeks (April 11th-July 8th). The program will target beginning runners with the end result – finishing a 5K!

Our 3-day workout schedule will consist of covering 3 miles in 45 minutes (running, jogging or walking are all acceptable). We will focus on the beginning runner, but all levels are welcome.

During the next 13 weeks of the program (July 11-October) we will advance to training for the Murfreesboro Middle Half Marathon by adding strength training and a fourth day of running.

We will also offer monthly informational speakers. Last year topics included: Nutritional needs as we train for a half marathon, Stretching for injury prevention and The importance of foot wear and how it's associated to running style.

Lastly, we will discuss cross training, the importance of "off" days and how to personalize your workout regiment.

To get started, please stop by the SportsCom and complete a registration form.

Age: Adult

Starting Date: April 11, 2011

Day: Monday, Wednesday, and Friday

Time: 6:15-7:00am

Location: Meet in the SportsCom lobby – running outside

Fee: Free

*Ability to walk briskly 30 minutes continuously

Registration required – Please call Jennifer Joines, 895-5040, or email joines@murfreesborotn.gov



PATTERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m		
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	Cardio Blast 5:30 - 6:30p.m.		
Yoga 6:30 - 7:30p.m.	Step-n-Sculpt 6:30 - 7:30p.m.	Yoga 6:30 - 7:30p.m.	Zumba 6:30 - 7:30p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

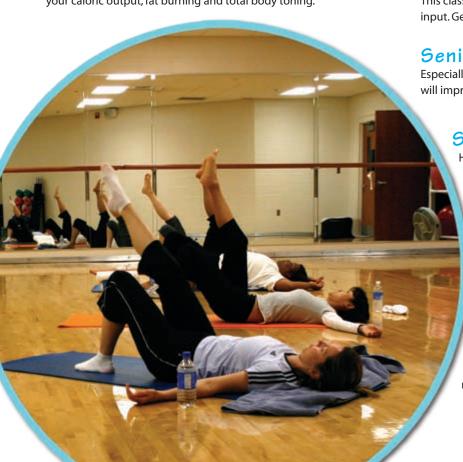
Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.





SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-Press 6:15-6:45a.m.		X-Press 6:15-6:45a.m.			
	Tai Chi 7:00-7:45a.m.		Tai Chi 7:00-7:45a.m.			
Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Step/Tone 8:30 - 9:30a.m.	
Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.		
B-B-C 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Step/Tone 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C) An intense cardio and weight training class! Burn calories, build muscle

and have FUN using interval circuits. Consists of high, moderate and low impact movements with weight training.

Core Energy
This class concentrates on stabilization, alignment and core strength. Consists of standing moves and floor work with significant abdominal and lower back work.

Total Body
This is a nonstop workout that uses dumbbells, body bars, balls, steps and even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Step/Tone
This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate-tohigh impact cardiovascular movements and may include additional toning and abdominal exercises.

This class focuses on improving balance and flexibility as well as assisting in reducing stress. For beginning and intermediate levels.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels. Consists of standing and moving postures.

X-Press

30 minutes of straight weight lifting joy. A perfect quickie workout or complement to your regular routine running club).





2011 CAMPS-AT A GLANCE

C N		6/6/10	6/43 47	6/20.24	6/07 7/4	7/5.0	7/44 45	7/10 00	7/25 22
Camp Name	Ages	6/6-10	6/13-17	6/20-24	6/27-7/1	7/5-8	7/11-15	7/18-22	7/25-29
Sports Camp	8-14	х	Х	х	Х	N	х	Х	
Tennis Camp	9-14					0		х	
Cheer Camp	6-12						х		
Guard Start Camp	11-14			х		С			Х
Nature Camp	6-8		Х			Α			
Adventure Camp	9-12 & 11-14				X (Ages 9-12)	M	X (Ages 11-14)		
Reptile Camp	9-12	Х				Р			
Heritage Camp	8-14					S			Х
Summer Kayak Club (Thursdays Only)	13-18								
Film Camp (Two week program)							х	Х	



Murfreesboro Parks and Recreation program staff look forward to making meaningful memories for your child this summer. Our staff has extensive training that emphasizes basic philosophies about appropriate developmental activities, various learning styles, conflict management, safety, diversity, positive behavior reinforcement and more! For summer job opportunities with MPRD, please check the Job Listings section of the city website:

www.murfreesborotn.gov.



Reptile Camp

Join us for a week of up close and personal with some of the most misunderstood animals. We will explore water, woods, and fields looking and learning about these creatures from where they live to what makes them unique. The days will be packed with hikes, talks, crafts, games, and, of course, reptiles!

9 – 12 yrs Ages: Dates: June 6 – 10 Time: 9 am - 4 pm

\$ 65.00 + \$ 10.00 program fee

Location: Wilderness Station

Contact: Rachel Singer, 217-3017, or rsinger@murfreesborotn.gov



Do your kids want to have fun and play sports this summer? Then send them to the MPRD Summer Sports Camp at Sports*Com. Your child will participate in different sports each day such as basketball, dodgeball, flag football, baseball/softball and swimming just to name a few. All sports will be organized and supervised by our trained athletic staff.

Location: Sports*Com

. June 6 - 10, 13 - 17, 20 - 24, June 27 - July 1, July 11 - 15 Dates:

and July 18 - 22, 2011

Times: 8:00 a.m. - 12:00 Noon

Bovs and Girls 8-14 Ages:

\$40.00 + \$10.00 program fee per participant per week. Fee: Contact: Thomas Laird, 907-2251, or athletics@murfreesborotn.gov



Soccer Camp

The camp is designed to teach the fundamentals of the sport of soccer to boys and girls. The camp will help each child to improve on his or her soccer skills under the instruction of a qualified soccer instructor.

Location: Richard Siegel Soccer Complex

Contact: Murfreesboro Soccer Club, www.murfreesborosoccer.com







Summer-Camps



Heritage Camp Campers will put themselves in the place of the early settlers of Tennessee, experiencing some of their crafts, chores, hearthstone cooking, and daily lives.

Ages: 8-14
Date: July 25 - 29
Time: 9 a.m. to 12 p.m.

Location: Cannonsburgh Village, 312 S. Front St

Fee: \$40.00 + \$10.00 program fee

Contact: Cannonsburgh, 890-0355, or shodges@murfreesborotn.gov

Nature Camp

Catch a crawdad. Hike a trail. Watch a heron. Wander along a creek bank. Fly a kite. Touch a snake. Examine an insect. Investigate an animal track. Explore the woods. Plant a native flower. Make a new friend. Play a new game. Create a camp craft. Experience

nature.

Ages: 6 – 8 yrs
Date: June 13 – 17
Time: 9:00 a.m. - 12:00 p.m.
Location: Wilderness Station

Fee: \$40.00 + \$10.00 program fee

Contact: Rachel Singer, 217–3017, or rsinger@murfreesborotn.gov

Guard Start Camp

Are you tired of the same old summer camps? Do something unique and learn how to save lives! Become an American Red Cross Jr. Lifeguard! At this camp, you will learn First-Aid, CPR, water rescues, & you will be able to tell your friends that you're a certified Jr. Lifeguard.

Ages: 11 – 14 years

Dates: Camp #1: June 20– 24 & Camp #2: July 25 - 29

Time: 9:00 a.m. – 12:00 p.m. Location: Sports*Com Outdoor Pool

Fee: \$50.00 + OPTIONAL \$2.50 per day meal ticket

Contact: Nate Williams, 895-5040, or nwilliams@murfreesborotn.gov



High Adventure awaits you this week. Learn new outdoor skills that will test your courage, make your heart race, get you laughing, and help you to appreciate what

the great outdoors has to offer.

Ages: 9 – 12 years
Dates: June 27 – July 1
Ages: 11 – 14 years
Dates: July 11 – 15
Time: 9 am – 4 pm

location: Meet at the Widerness Station Fee: \$75.00 + \$50.00 activity fee

Contact: Rachel Singer, 217–3017, or rsinger@murfreesborotn.gov





Cheerleading Camp

Interested in becoming a cheerleader? Have tryouts approaching? Then this is the program for you! Learn the basic fundamentals of motions, jumps, voice projection, crowd appeal, and stunt safety. Each person will receive a t-shirt for participating.

Ages: 6-12
Dates: July 11- 15
Days: Monday - Friday
Time: 9:00 a.m. - 12:00 p.m.

Location: Patterson Park Community Center Adult Gym

Fee: \$50.00

Contact: Becki Johnson, 893-7439, or bjohnson@murfreesborotn.gov



Youth Tennis Camp

The camp is designed to teach the fundamentals of the sport of tennis (i.e. forehand swing) to boys and girls between the ages of 9 to 14. The camp will help each child to improve on his or her tennis skills under the instruction of a qualified tennis instructor.

Ages: 9-14
Date: July 18 - 22
Days: Monday – Friday
Time: 9:00 a.m. - 12:00 p.m.
Location: Old Fort Park Tennis Complex

 ${\bf Contact:}\ \ {\bf Murfreesboro\ Tennis\ Association,\ ajwishing@comcast.net}$

FILM CAMP, TAKE II

Once again we will have our two week Film Camp. Participants will learn the different positions in making a film; director, camera operator, grip, prop master, script supervisor and sound tech. On our final Friday, we will have a showing of our accomplishments during the two-week camp. This showing is open to our parents, family, and friends. The show begins at 7:00 p.m.

Ages: 11-17

Dates: June 20-July 1
Days: Monday - Friday
Time: 9:00 a.m. - 3:00 p.m.
Location: Theatre at Patterson Park

Fee: Sunshine Players may attend the camp for \$110.00 for the two

weeks. Nonmembers will pay \$150.00 for the camp.

Contact: Terry Ann Womcak, 893-7439 x 33, or twomack@murfreesborotn.gov

***We are limiting the number of participants to a maximum of 15, so that each participant gets the necessary hands-on experience working with the staff.

CREATIVE ARTS DAY CAMP

This camp will take place at the Wilderness Station in Barfield Crescent Park. The camp is open to ages 6-12, and we will divide into two groups. The first week of camp will have the one group participating in arts and crafts, creative writing, and such while the other group is participating in music, dance and drama. We will switch for the second week and then have an end of the camp performance and art show.

Ages: 6-12
Dates: July 18-29
Days: Monday - Friday
Time: 9:00 a.m. - 3:00 p.m.
Location: Theatre at Patterson Park

Fee: Sunshine Players may attend the camp for \$110.00 for the two

weeks. Nonmembers will pay \$150.00 for the camp.

Contact: Terry Ann Womcak, 893-7439 x 33, or twomack@murfreesborotn.gov

***We are limiting the number of participants to a maximum of 15, so that each participant gets the necessary hands-on experience working with the staff.

Tennis courts at Old Fort Park are open for play! Call 907-2251 to reserve.





Murfreesboro Teen Adventure Club (M-TAC)

Are you a Murfreeboro teen who enjoys high adventure? Then join us for unforgettable experiences as we explore beautiful backcountry locations of Middle Tennessee and make lasting friendships along the way. Choose from hiking, paddling, rock climbing, and so much more! Enjoy different adventures throughout the year. You won't want to miss this awesome new opportunity happening right here in Murfreesboro!

Hiking at Fiery Gizzard, South Cumberland State Park

Experience the raw adventure of the Cumberland Plateau as we hike up and down gorges, meander through hemlocks, and enjoy waterfalls along the way. Not for the faint of heart – are you up for the challenge?

Registration deadline is March 15th, 2011, and space is limited.

13-18 years Dates: Tuesday, March 22 10a.m. - 4:00 p.m. Time:

Meet at the Wilderness Station. Transportation will be provided. Location:

\$15.00 Register at the Wildernes Station. Contact: Call the Wilderness Station to register, 217-3017, or

rsinger@murfreesborotn.gov

Leap of Faith - high ropes element, Deer Run Retreat, Thompson Station

A true test of courage, the Leap of Faith stand alone high ropes element is a 40 foot tree that the branches have been cut down to nubs. Climb up the tree to the top and then jump off the platform and try to ring the bell. Dare to Do It!

Registration deadline is April 8th, 2011, and space is limited.

Ages: 13-18 years

Friday, April 22, 2011 Dates:

Time: 10a.m. - 4:00 p.m.

Location: Meet at the Wilderness Station. Transportation will be provided.

\$15.00 Register at the Wildernes Station. Contact:

Call the Wilderness Station to register, 217-3017, or

rsinger@murfreesborotn.gov

Summer Kayak Club

Hey, Teens! Summer's around the corner, and it's time to find something to do in the great city of Murfreesboro. How about spending your time and energy on the waterways that are around us.? Every week we will embark on a new adventure along the Stones River. Learn kayak paddle strokes, how to read the river, and water safety techniques while meeting new friends.

Registration begins March 1st and is filled on a first-come basis.

Limited to 8 participants.

Aae:

Thursdays, June 2nd - June 30th Dates:

Time: 2:00 p.m. - 5:00 p.m.

Locations: Will vary

\$100.00 for 5 adventures Register at the Wildernes Station. Fee:

Wilderness Station, 217-3017, or rsinger@murfreesborotn.gov to sign up. Contact:

ev Teens!





How to Register for Camp:

Registration Locations

Sports*Com

2310 Memorial Blvd. Murfreesboro, TN 37129 615.895.5040

Main Office

697 Barfield Crescent Rd. Murfreesboro, TN 37128 615.890.5333

Patterson Community Center

521 Mercury Blvd. Murfreesboro, TN 37130 615.893.7439

Refund Policy

- A full refund will be given when patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- -A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.



